



This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

### Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

- + *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.
- + *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.
- + *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.
- + *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

### About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at <http://books.google.com/>

*Manual of Diet.*

151. o.

185.

1







A  
**MANUAL OF DIET**

FOR THE  
  
**INVALID AND DYSPEPTIC,**  
  
WITH A FEW HINTS ON NURSING.

BY  
  
**DUNCAN TURNER,**  
LICENTIATE OF THE ROYAL COLLEGE OF PHYSICIANS, LONDON; LICENTIATE OF THE  
ROYAL COLLEGE OF SURGEONS, EDINBURGH; LICENTIATE OF THE SOCIETY OF  
APOTHECARIES; MEDICAL OFFICER AND PUBLIC VACCINATOR OF  
ST. PETER'S DISTRICT, ISLINGTON, ETC., ETC.

LONDON:  
**JOHN CHURCHILL & SONS,**  
NEW BURLINGTON STREET.

1869.

151. o. 185.

**M'CORQUODALE & CO., PRINTERS, 6, CARDINGTON STREET, LONDON, N.W.**

## P R E F A C E.

---

WHEN I first thought of printing the following pages it was chiefly with a view to their contents becoming useful to my own patients. Subsequent reflection has, however, induced me to hope the work may be found of service in a wider sphere. Although many excellent treatises have appeared on the subject of diet and nursing, many of them have missed their aim, being either too technical or too prolix for the generality of readers. The end sought in this essay is to convey the necessary information in a few words, avoiding so far as possible technical terms so that it may be intelligible to a reader of the most ordinary education. The busy medical practitioner, who so frequently finds his instructions either forgotten or misunderstood, may likewise find it a help to him.



M'CORQUODALE & CO., PRINTERS, 6, CARDINGTON STREET, LONDON, N.W.

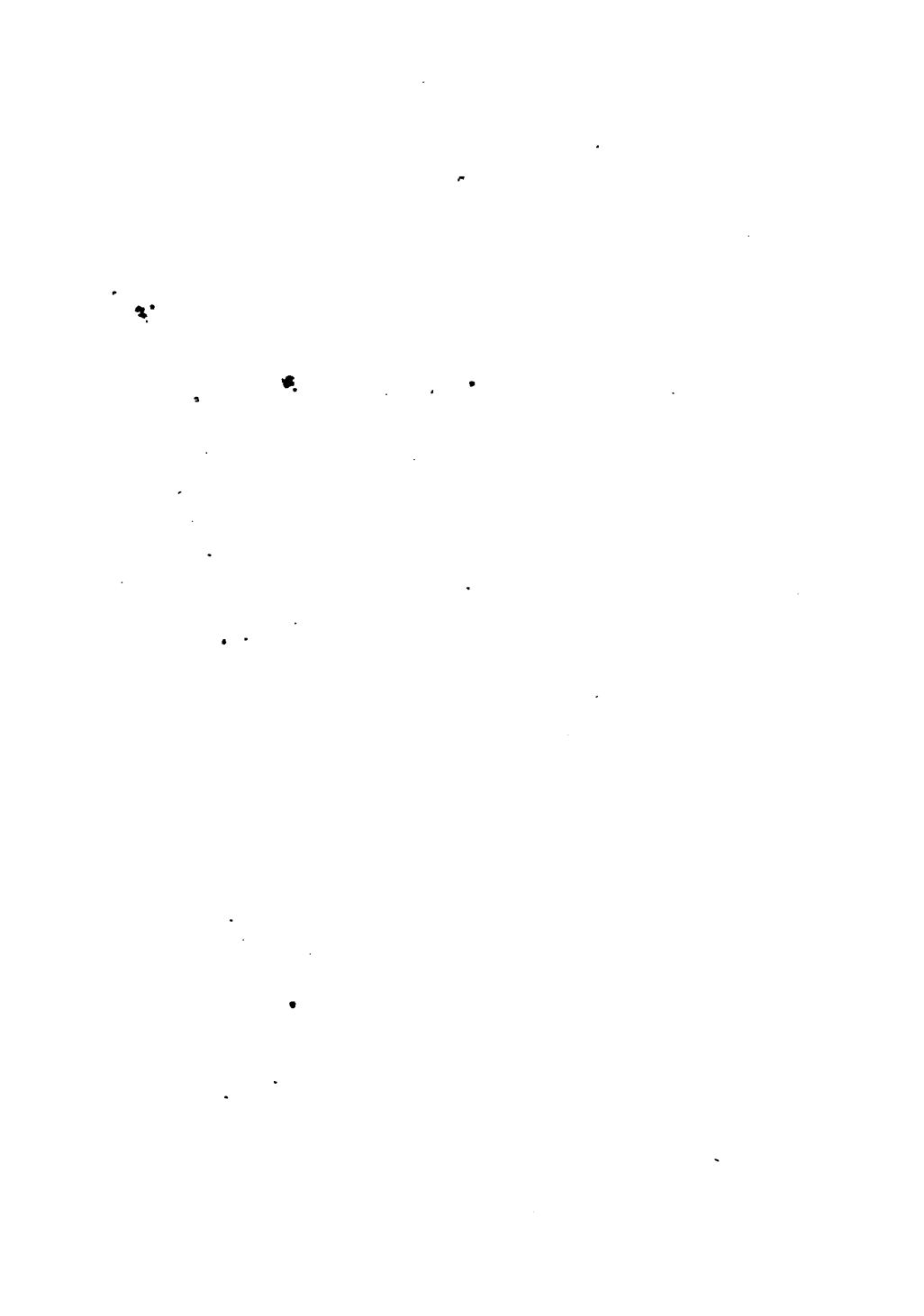




# CONTENTS.

---

	PAGE
CHAPTER I.	
Digestion and Nutrition ... ..	7
CHAPTER II.	
Diet—Essential Properties of Diet—Nutritive and Digestive qualities of the different kinds of Food—The Diet more particularly suited to the Sick and Invalid—Bills of Fare for the Sick and Invalid. ... ..	11
CHAPTER III.	
Condiments—Their relation to Food—Use and Abuse of the various Condiments ... ..	23
CHAPTER IV.	
Drinks—Pure Water—Simple Infused Drinks—Infused Drinks that Act on the Nervous System—Fermented Liquors, Wines, Malt Liquors—Distilled Spirits. ... ..	25
CHAPTER V.	
Dyspepsia—Definition of the term—Symptoms of Dyspepsia—Causes of Dyspepsia—Treatment of Dyspepsia... ..	32
CHAPTER VI.	
Hints on Nursing—Importance of Domestic Nursing—The Sick Room—Maxims on Nursing—Qualifications of a Nurse—Fainting, Fits, Vomiting, Contagion—On the application of Poultices, Stupes, Enemas, Blisters ... ..	45
Appendix of Formulæ ... ..	55



# A MANUAL OF DIET.

---

## CHAPTER I.

---

### DIGESTION AND NUTRITION.

DIGESTION may be defined as the process to which food is subjected in order to become fit for absorption, and in a condition to nourish the tissues of the body. Although the stomach takes the greatest share in this process, it is not, as generally supposed, confined to that organ, for digestion, properly speaking, commences in the mouth, and it is not finished until the food is advanced a considerable way into the intestines.

Mastication is the first act in digestion, and consists, as every one knows, in the comminution of the food into small particles, so that it may be more easily acted upon by the stomach and its juices. The human teeth, when perfect, are admirably adapted for this purpose, being evidently formed to masticate a mixed diet. Thorough mastication is very essential to good digestion, for we seldom find those who have lost their teeth free from dyspepsia and the ills that accompany it.

During mastication another process is going on called by physiologists *insalivation*. It consists in the mixing of the food with the saliva. Saliva is the product of various glands in the neighbourhood of the mouth, and is produced

in great abundance during mastication. It serves a double purpose—first, in acting chemically on the food so as to prepare it for the action of the gastric juice; and secondly, in lubricating it so as to make it easier to swallow. That saliva is of great importance to healthy digestion may be inferred from the fact, that a healthy adult secretes from fifteen to twenty ounces daily, and every one knows how dry and uncomfortable the mouth feels when digestion is bad, or when some disease or mental excitement possesses the body. When food enters the stomach, gastric juice immediately begins to be secreted. This fluid is produced by the stomach itself, and when healthy, has a remarkable power which enables it to dissolve all kinds of properly masticated food. Digestion is materially assisted by the muscular action of the stomach, which has an inherent power enabling it to contract upon itself, setting up a sort of churning process, which continues so long as any food remains in it. The combination of these processes reduces the food to a homogeneous fluid called chyme, which escapes into the upper part of the small intestine, through the lower or pyloric orifice of the stomach. This orifice is possessed of a nervous power, which enables it to distinguish between digested and indigested food, and will seldom allow any of the latter to pass through. Gastric digestion takes from one to three hours according to the quality of the food, and the vigour of the stomach for the time being.\* When the chyme enters the duodenum, as the upper part of the bowels is called, it is acted on by two other fluids—viz., bile, and pancreatic juice. The former, as is well known, is secreted by the liver, and the latter by the pancreas, or sweetbread. The precise use of these fluids is still a matter of dispute among physiologists, but it is certain

\* By "Gastric digestion" is meant the digestion that takes place in the stomach.

that they play an important part in intestinal digestion, causing the nutritious part to be taken up for the nourishment of the body, while they enable the bowels to expel all effete and unnutritious particles. When the chyme is thoroughly incorporated with them its nature is changed, and it is now called chyle, and in this state it begins to be absorbed by the villi of the bowels. The villi are minute points so thickly placed on the internal surface of the bowels that they give it a velvety appearance. Their office is to absorb the nutritious part of the chyle, and convey it to the vessels called lacteals, which in their turn convey it to the blood, where it is stored up for nutrition. The bowels are admirably adapted for this process, having an extensive surface for absorption, which is made still larger by numerous folds in their internal coat. These folds serve the double purpose of retarding the passage of the chyle to give the villi more time for absorption, and of enlarging the absorbing surface.

Nutrition may be defined as the process that converts the alimentary principle stored in the blood into organised tissue. Every tissue in the body has what is termed by physiologists *elective affinity*, whereby it is enabled to select for itself elements suited to its constitution. Thus brain requires a certain element, muscle another, bone another, and so forth, and seeing that every organ is continually undergoing a process of decay, it is necessary that there should be a storehouse from which to draw the needed supplies for repair. Young animals, as a rule, in proportion to their size, require more nutriment than the full grown, the organs of the former requiring to be built up as well as kept in repair.

The performance of healthy and efficient nutrition is very essential to the health and wellbeing of our bodies, for we

know that a great part of the ailments to which the human body is liable is caused by some flaw in this function. Cancer, consumption, neuralgia, are all instances of disease arising from perverted or deficient nutrition. Many more might be named, but it is sufficient to mention here that all diseases arising from this cause are of a serious nature, and seldom amenable to treatment. Mal-nutrition arises from various causes, but the chief of these is a depraved condition of the blood. This may be owing to some poison circulating in it, such as the poison that gives rise to gout, rheumatism, or any of the fevers, or it may be imperfect aeration, either from the air breathed being deficient in oxygen, or the lungs in a diseased condition so that the blood cannot be properly exposed to the action of the atmosphere, or it may be owing to a diseased condition of the excreting organs that carry off the impurities of the blood, such as the liver and kidneys. A deficient supply of pabulum to the blood, either through a deficiency of food or bad digestion, will likewise cause poverty of blood and mal-nutrition.

The symptoms of deficient nutrition vary in different individuals, but there is always more or less debility and wasting of flesh. There may be a hacking cough, as in the first stage of consumption, or a painful tumour as in the case of cancer. Neuralgia in some nerves about the face and certain skin diseases are likewise frequent symptoms, but it is not necessary to enlarge on this subject, the intention of the author in this chapter being merely to explain the theory of nutrition, so as to make the following pages more intelligible to the general reader.



CHAPTER II.

---

DIET—ESSENTIAL PROPERTIES OF DIET—NUTRITIVE AND DIGESTIVE QUALITIES OF THE DIFFERENT KINDS OF FOOD—THE DIET MORE PARTICULARLY SUITED TO THE SICK AND INVALID—BILLS OF FARE FOR THE SICK AND INVALID.

For all practical purposes, food may be classified under the two general heads, animal and vegetable. The elaborate classification of the chemist may be omitted here, nor is there any occasion to enter into the vegetarian controversy. Every unprejudiced person must admit that a mixed diet is the most natural as well as the most suitable and agreeable to civilized man.

The body, as mentioned in the previous chapter, is composed of a number of elements, and the food and drink we take must contain a certain proportion of these to make up for the waste that is continually going on. Seventy per cent. of our bodies is composed of water only, but as water is not generally considered an article of diet, we shall not consider it here.\*

Next to water, azote or nitrogen forms the largest part of animals, and it is therefore necessary that the diet we consume should contain a considerable quantity of this element. The flesh of animals, eggs, milk, &c., contains a large quantity of it, and are therefore called the nitrogenous foods. They are undoubtedly the most nutritious of our foods, but by themselves they form a too concentrated diet, we therefore mix them with a proportion of vege-

\* Water is not, strictly speaking, an element, but made up of two elements, viz. :—Hydrogen and Oxygen.

table. Vegetables contain a considerable quantity of the element called carbon. This is generally called the heat-giving element, and is supposed to combine with the oxygen of the air we breathe, causing a slow combustion in the blood and thereby heating the body. It must not be supposed, however, that heat-giving is the only property of vegetable diet, for we know that many vegetables contain a large quantity of real nutriment, and though it is very doubtful whether man could thrive on a purely vegetable diet, it is certain that fresh vegetables have a healthy action on the blood, and that the want of them nearly always begets scurvy, as in the case of sailors during long voyages. Many other elements enter into the composition of our ordinary foods, but those mentioned are the principal, and a due proportion of each of them is always necessary. The essential properties of diet might be said to consist in a due supply of animal or nitrogenous food, vegetable or carboniferous food, with abundance of water.

In discussing the digestive and nutritious properties of the various foods, we will take milk first. This is the only perfect food presented to us by the hand of Nature. In it alone do we find all the elements necessary for the nutrition of the body. It partakes of the character of animal and vegetable diet, and is highly nutritious, especially to the young, for whom it is especially suited. It is the food adapted for infants, and nothing else should be given for at least six months after birth. If an infant cannot have its mother's milk, the next best substitute is cow's milk, diluted with a third of water and sweetened with refined sugar. It is a great mistake to add arrowroot, corn flour, or other starchy food to infants' food. The infant's stomach can only *digest milk, and anything* else will cause griping and

diarrhœa. It is unfortunate that beer has displaced milk in a great measure with adults. Few now look upon milk as either food or drink, and from the fact of its being taken so seldom, it frequently disagrees when taken, the stomach having got too accustomed to stimulating beverages, such as beer, wine, tea or coffee. In Switzerland there are establishments where patients undergo what is called the milk treatment, pure milk being used, so far as possible, as the sole article of diet. There is certainly more common sense in such treatment than in the Hydropathic system of this country. When milk is not retained on the stomach it ought to be mixed with one-half of lime water; taken in this way it is exceedingly light, and will be retained when anything else would be rejected. Asses milk is lighter than that of the cow, and is frequently recommended to consumptive patients and delicate infants. Cream is the oil of milk, and more nutritious than milk, but it is more difficult to digest. It is, however, easier to digest than most animal fats, and is frequently taken with advantage by consumptive invalids. Butter is an article of diet that enters, one way or another, into almost every meal we take; it is light and nutritious, and seldom disagrees. Melted butter, as sauce, and butter with hot toast are, however, two exceptions, for in this way butter is converted into oil, and rendered most difficult to digest. Cheese need only be mentioned to forbid its use either by the invalid or dyspeptic.

After milk come the farinaceous aliments. They form a numerous class, and minister more than any other to the maintenance of the human race. Wheat may be taken as the representative of this class, and is consequently the most universal of our foods. It contains a larger quantity of pure nutriment than any other purely vegetable diet, and

when properly cooked is not difficult to digest. Good sound wheaten bread, made with barm and moderately stale, seldom disagrees with any one, and a portion of it ought to enter into the composition of every meal taken by people in health. Wheaten flour mixed with bran, composing what is generally termed brown bread, is useful to those who are troubled with a sluggish action of the bowels; and taken regularly it often cures the most obstinate costiveness. I would here enter a protest against the use of all sorts of fancy cakes and biscuits made at the confectioner's. They frequently contain rancid butter and very impure sugar, along with many other ingredients not less noxious, which render them difficult to digest, and positively hurtful to many weak stomachs.

Barley is less nutritious and less digestible than wheat, and unsuitable for either invalid or dyspeptic. Oatmeal, properly prepared, is an excellent article of diet, and specially suited for the invalid. Rice is a very important food, and is not so much used amongst us as it deserves. It forms almost the sole article of diet to millions in the East, and though rather insipid, is nevertheless highly nutritious and easy of digestion. Rice requires some hours to boil; and when intended for an invalid, ought to be boiled into a pulp. Corn flour, arrowroot, tapioca, *tous le mois*, sago, etc., are all of the same nature, and either may be taken according to the invalid's taste. They do not contain much nutriment in themselves, but they are very easy to digest, and when given in the form of pudding, with milk or eggs, form an excellent diet for the sick.

**VEGETABLES.**—Though vegetables are an essential part of ordinary diet, a few of them only are admissible to the invalid's table. Nearly all contain a stringy part that

is difficult to digest, and they have also a tendency to produce flatulence. The potato is perhaps the most universally used of all vegetables, and is certainly the most useful to man. It contains a considerable quantity of nutritive element, and when good is not difficult to digest. Good potatoes should be dry and mealy when boiled, and ought not to leave any bitter taste in the mouth. Of late years some species of potatoes have found their way to the London market that are positively poisonous. It is well known among farmers that the coarser kinds of this vegetable have the greatest immunity from disease, and hence the great temptation to grow and sell them. Cabbage, cauliflowers, and spinage are excellent additions to our diet when health is good, but are seldom allowable when digestion is weak. The esculent roots, such as carrots, parsnips, turnips, onions, &c., may be used sparingly by the invalid. Raw vegetables, such as radishes, watercress, cucumber, &c., are not favourable to digestion, and ought to be avoided.

FRUIT, properly cooked, is an invaluable article of diet to the sick and invalid. It is cooling, agreeable, and easy of digestion. Raw fruit should, however, be avoided, unless specially ordered. For the different modes of preparing fruit for the sick, see Appendix.

FISH occupies an intermediate place between animal and vegetable diet, and is extensively used by all classes. Though not so nutritious as beef or mutton, the fact that whole communities subsist and enjoy good health on fish alone, shows that it contains all the elements essential to the nourishment of the body.

Salmon is the most nutritious of our fishes, but being oily, it is rather difficult to digest, and therefore not a

proper diet for the invalid. Salmon-trout is lighter, but less nutritious. Small fresh-water trout is exceedingly delicious and easy to digest, and is often a rare delicacy to the invalid who has gone the round of the lighter foods and tired of them all. Whiting, "the chicken of the sea," is the tenderest of all our fishes, and when in season ought to form a portion of every invalid's diet. It seldom disagrees, and contains a fair quantity of nutritious element. Haddock comes next to whiting in point of tenderness, and sole next. There is but little difference between the three last-named species, either in point of digestion or nutrition, and either may be taken by the invalid according to taste or inclination. Cod is an excellent article of diet, and when in season may be partaken of sparingly by the invalid; but, on the whole, is not so digestible as any of the three species mentioned above. Eel, skate, and plaice are too oily for the weak stomach. Shell-fish need only be mentioned to be forbidden. Native oysters, when in season, may be partaken of sparingly, but all others ought to be avoided by the invalid and dyspeptic. Fish caught during the spawning season ought never to be used as food. Such a diet is exceedingly unwholesome and not unfrequently causes serious disease.

Pure animal food contains the largest amount of nutritious principle, but, as already observed, is in itself too concentrated and too stimulating. A moderate quantity of this diet is therefore allowable, but those who think that they can get strength and vigour by consuming large quantities of it will find themselves grievously mistaken. Nature will not be forced, and if she appears to give way a little at first, it is only to revenge herself more fully afterwards. Trainers who temporarily improve the condition of men and animals for brutal

purposes know well the direful consequences of over feeding, and will seldom resort to it twice on the same subject. A great mistake is frequently committed in this way by patients recovering from a severe illness. They think that when the appetite is good they cannot take too much food, or that the food cannot be too nutritious for them, until, after a time, they either find themselves at a standstill, or their stomachs turned completely against all kinds of diet, with perhaps a return of the symptoms of the disease from which they suffered. Great caution is often necessary in this respect, and when a patient finds his food is not doing him so much good as it ought, he should on no account increase the quantity or take it more concentrated, but rather seek a change of air to enable him to assimilate what he is taking, and then, and not till then, will he derive from it the benefit which he expects.

In considering pure animal foods, eggs seem to come naturally first. They are really animals in *embryo*, and have every attribute of an animal. They resemble milk in being a complete food in themselves, containing all the elements for the nutrition of the body. When lightly boiled they are easy to digest. They are rather too stimulating when the digestive powers are very weak, but convalescents may take a new laid egg for breakfast in preference to any thing else. Eggs that have been kept for some time get stale and unwholesome, and are very liable to upset the stomach of an invalid, and give him a disgust at all kinds of food. Game, when kept a proper time, has an exceedingly delicious flavour, and is highly nutritious and moderately easy to digest. It is an unfortunate epicurean fashion that has crept in upon us to keep game until it is what is called *high*, or in other words half rotten.

In such a state it is apt to cause serious digestive derangement to the delicate, and loses a great part of its nutritive qualities. The flesh of tame birds, when young, is even more tender than game, but not so nutritious. The legs and wings are better for the invalid than the breast. The common fowl is the best as regards digestion. Goose is rather oily, and turkey is insipid. Beef and mutton are too well known to require much description here. Their nutritive powers are much alike; of the two mutton is the easiest to digest. This fact is generally well known, and hence we find patients kept on mutton chops for an indefinite period, until they get a disgust at mutton in every shape. There can be no greater mistake in nursing an invalid than to offer him the same food too often. The very sight of a dish which has come before him too frequently will not seldom take away his appetite and spoil it for anything else. Pork, unless very young, is not suitable for the invalid or dyspeptic. It frequently causes diarrhoea and other gastric disturbances.

**THE DIET MORE PARTICULARLY SUITED TO THE SICK AND INVALID.**—The proper selection of a suitable diet for the sick and invalid is of the greatest importance. It is a subject that has not hitherto received the attention it deserves. Few physicians will now deny that in many cases a proper diet, given at the proper time, is of as much importance to the sick as medicine, and that the life of many a patient depends on its judicious administration. It would be impossible to lay down any rules with reference to the dieting of the sick in any special case of disease, for each case must be judged by its own merits and treated accordingly, but a few general propositions may be given which will be a guide to the nurse and refresh the medical practitioner's memory.

In giving food to the sick three things ought to be kept in



mind, viz :—Not to place before the patient more food than he can take ; not to have the food in his sight ; and not to offer him (except for special reasons) what he has already refused. These rules apply almost in all cases. In the first stage of acute diseases it is absolutely cruel to be pressing food on the patient ; he loathes all kinds of food, and if you cause him to take a little it only adds to his misery. Drink is what is wanted in this stage, and ought to be given with unsparing hand. A small quantity of nutriment is generally given with drink, such as gruel, toast water, barley water, etc. When the first violence of the disease has expended itself, mild liquid diet, such as milk and water, arrowroot with milk, stewed fruit, a thin slice of toast with a cup of tea, may be given sparingly. If the patient is very low, beef tea may be given in this stage, but when possible it is better to retain this valuable agent for the next stage. The third stage refers to that period generally termed the crisis, or “turn,” when the violence of the disease has completely subsided but recovery has not yet commenced. This is a period of great importance, and frequently tries the skill of the physician and nurse. The judicious administration of food in this stage is of the utmost importance to the patient. A more nutritious diet is borne, and ought to be administered at shorter intervals, and in increasing quantities. The broths come in now ; beef tea is certainly the best of these, but a patient will soon tire of it. Mutton, veal, and chicken broths may be given in their turn ; they are all of the same nature, and change is everything to a patient. Thin toast cut into squares may be occasionally mixed with them, or a little stimulant, as brandy, if ordered by the medical attendant. Custard, sago with milk, corn-flour, or any of the light farinaceous diets are admissible in this stage, and may be given

according to the patient's taste. The next stage is the stage of convalescence, and in it the patient has frequently a desire for more food than he is able to digest. It is necessary to be exceedingly cautious not to overload the stomach of a patient recovering from a dangerous illness, as serious harm might ensue; far better too little than too much in this stage. The broths should be continued, and may be given more concentrated now. The lean of a mutton chop boiled or roasted, chicken in small quantities, whiting, haddock, sole, or trout, as they are in season, native oysters, turtle soup, light puddings made with any of the starchy foods, tender roast beef, mutton, or lamb, are occasionally admissible. In choosing a diet from the above, it is well to be guided a great deal by the patient's taste. Unless in exceptional cases it is better not to force a patient to take any thing against his will. What is forced upon him will seldom do good and not unfrequently do harm; besides, a patient recovering from an illness is very whimsical; what he cannot bear to day he will take to-morrow with a relish, and he will seldom take the same dish three times in succession. It is better to humour him in his fancies, so long as they keep within bounds of moderation, but if they stray, as they not unfrequently do, to the most indigestible of viands, it is necessary to be firm and deny anything that would tend to upset the digestive organs. The illness that accompanies the first months of pregnancy in some women is often accompanied by an excessive desire for the most outrageous things, and the disorder is frequently aggravated by giving way to these fancies and indulging in articles of diet that would upset the stomach of a navvy. The diet most suitable for an invalid must be regulated in a great measure according to the nature of his infirmity, and

it is only necessary to mention here that as a rule it should not to be too concentrated or consist of articles that take a long time to digest. An invalid ought not to fast too long and ought to be careful not to indulge in a full meal when the body is fatigued. Invalids suffering from chronic chest affections, as asthma, or chronic bronchitis, cannot be too careful of their diet, for in these diseases the appetite is not impaired, while the digestion is always materially weakened and the sufferer is apt to indulge in a hearty meal which, in an hour or two, will give a paroxysm of his complaint with all its attendant miseries. The foods that are most digestible have been already discussed in this chapter, and it would only be a repetition to go over them again, especially as some mention of them will be made in the next section, and in the chapter on dyspepsia.

**BILLS OF FARE FOR THE SICK AND INVALID.**—In this section it is merely intended to assist the memory of the practitioner who frequently finds it difficult to call to mind the various light aliments suitable for a patient; some repetitions will necessarily occur, but the writer prefers to sacrifice elegance for utility.

Early in the morning, a cup of warm milk and water, or cocoa made as ordered in appendix, or a small basin of gruel. Breakfast, a cup of tea with a small quantity of toast. Mid-day, a little wine with a light biscuit. Dinner, a breakfast-cupful of custard, flavoured according to taste. Tea, same as breakfast. Supper, same as dinner.

The above would constitute what is termed "low diet." It may be varied by substituting a light farinaceous pudding, made from any of the starchy foods for the custard, using cocoa instead of tea, and substituting any of the infused drinks for cocoa in the morning.

The following is a more stimulating diet, and suitable for the third or critical stage of disease. Early morning, a cup of warm milk and a biscuit. Breakfast, a cup of tea, a slice of toast, and the yolk of a new laid egg. Twelve o'clock, some stimulant and a biscuit. Two p.m., a cup of strong beef tea with a slice of toast cut into small squares and soaked in it. Five p.m., a cup of weak tea, and a small portion of any kind of light bread. Supper, custard or corn-flour pudding with half a glass of wine. When the patient is very weak, small quantities of beef tea may be taken in the intervals between the meals, and the stimulant must be regulated according to the orders of the medical attendant. The diet may be varied by substituting chicken, veal, and mutton broths for the beef tea, and varying the puddings as directed in the first bill of fare. Milk, tea, cocoa, or gruel, may be used to dilute the food according to the patient's taste.

The next bill of fare is for the fourth, or recovering stage, or for the habitual invalid. Breakfast, between eight and nine a.m., tea, one or two cups as desired, a moderate quantity of stale bread with fresh butter, and a new-laid egg. Luncheon, twelve o'clock, a cup of beef tea and a biscuit. Dinner, three p.m., mutton chop with one or two mealy potatoes, and a small quantity of custard pudding. Five p.m., same as breakfast, egg excepted. Supper, corn-flour with milk, and a little negus before going to sleep; beef tea or a little wine may be taken in the intervals as before, if necessary. This diet may be varied by substituting whiting, haddock, or sole, for the mutton chop, and varying the liquids and puddings as directed in the two preceding bills of fare.

### CHAPTER III.

---

#### CONDIMENTS—THEIR RELATION TO FOOD—USE AND ABUSE OF THE VARIOUS CONDIMENTS.

THOUGH condiments are not in themselves articles of diet, yet as they enter largely into the composition of many of the foods in daily use amongst us, a work like the present would be incomplete without some notice of them. Condiments in themselves are incapable of nourishing, but they sometimes promote the digestion of other foods, and some of them have a soothing effect on the nervous system. It is curious to observe how a taste for condiments may be acquired until substances the most nauseous to the uninitiated, such as garlic and assafœtida, are partaken of with the greatest relish. Salt is the most important as well the most essential condiment. A desire for salt seems an instinct in all warm-blooded animals. It promotes digestion, prevents worms, makes food more palatable, and has probably other effects on nutrition which physiologists have not yet explained, but which undoubtedly exist, and are highly necessary to the health of our bodies. Too much salt is, however, prejudicial, and sailors who have long fed on salted meat without any admixture of fresh vegetables, seldom fail to become affected with scurvy. This disease was once the terror of the seas, and it is one of the triumphs of medical science to have discovered its cause and cure. It is now well known that fresh lime juice is a complete preventive of scurvy. Vinegar, when pure, is in small quantities a useful condiment, and promotes the digestion of oily substances. The vinegar that is commonly sold is only a diluted impure acetic acid.

The aromatic condiments comprise all the peppers, and some indigenous herbs. The strongest peppers, such as cayenne, are certainly injurious, and though they may be partaken of with impunity in warm climates, they ought not to be indulged in in England. The milder peppers are not so injurious, and may be used sparingly according to taste ; but it is a mistake to suppose that large quantities of pepper will help a weak stomach, for it generally has the contrary effect. Mustard, horse radish, leek, onion, sage, mint, &c., are wholesome, and in moderate quantities harmless. They promote digestion, and prevent in a great measure the formation of gas in persons subject to flatulence. The curries and chutnee of India ought to be partaken of sparingly by Europeans.

Catsup and the whole tribe of heating sauces, for which every one has private recipes, ought to be avoided by the dyspeptic. Pickles, though not so hurtful as the foregoing, are not recommended to the invalid or dyspeptic. Oily condiments are forbidden, being seldom digested by a weak stomach.

## CHAPTER IV.

---

DRINKS—PURE WATER—SIMPLE INFUSED DRINKS—INFUSED  
DRINKS THAT ACT ON THE NERVOUS SYSTEM—FERMENTED  
LIQUORS, WINES, MALT LIQUORS—DISTILLED SPIRITS

**PURE WATER**—This beverage, presented to us by Nature, is unquestionably the most natural drink to man. Volumes have been written extolling the virtues of pure water as a panacea for all diseases, and yet amongst the poor we still find the fever-stricken patient deprived of cold water as if it were so much poison. On the other hand our hydropathic friends deluge their patients with water externally and internally. Here, as in a great many cases, a medium is to be observed, and while we would not recommend our patients to drink cold water or smother themselves in watery blankets in all diseases, yet a moderate allowance of pure water is admissible in sickness and in health. It is absolute cruelty to withhold water from a feverish patient; no one but those who have felt it can realize the craving he has for cold water, or the horror he has of its being mixed with anything. Drinking water ought always to be filtered before it is used. No water is so pure as to render this process unnecessary, for the purest water supplied to towns always contains a small quantity of organic impurity, which an ordinary filter will separate.

It is now well known that water contaminated with sewage spreads cholera and enteric fever, and when it is known that these diseases prevail, it is well to boil the water used for drinking. A great deal of windy nonsense has been written by the advocates of total abstinence in favour of

water drinking, and while the writer of this work would not endorse the doctrines of these enthusiasts who spoil their cause by absurd exaggerations, he is free to confess that a person in good health, who is not worried by the turmoil that makes life a "feverish activity" in our large towns, has need of nothing else but cold water for his drink. It is, however, but too true that the life that most professional and business men lead in our cities causes immense strain to the nervous system, and frequently a little stimulant is not only a luxury, but an absolute necessity; but more of this anon. A moderate allowance of water with meals promotes digestion and refreshes the body, but large potations dilute the gastric juice, and so interfere with its solvent power. It is not generally known that when a patient has a burning thirst a mouthful of water quenches it as effectually as a large draught. It is well then to remember, when a sick person has a craving for water, to give only a small quantity at a time, as large draughts would distend the stomach and make him uncomfortable, while the thirst would be as intense as ever.

After pure water come the *simple infused drinks*, such as oatmeal gruel, toast water, barley water, linseed tea, currant water, etc. These are all of the same nature, and may be given indiscriminately, according to the patient's taste. Oatmeal gruel contains a certain quantity of nutriment, and is useful to patients who cannot take solid food; it used to be the sole diet of the lying-in room, but now-a-days lying-in women are seldom restricted to gruel alone. It is given to promote the action of purgative medicines, and is certainly well adapted for that purpose. Toast water, barley water, and linseed tea contain small quantities of nutriment, and are occasionally preferable to pure water to allay thirst.



Currant water, lemon water, and tamarind water are cooling beverages, and useful in fevers.

**SODA WATER, &c.**—Waters charged with carbonic acid gas, and flavoured in various ways, have become favourite drinks of late years. Lemonade, ginger beer, and several others belong to this class. The most useful to the invalid or sick is the simple soda water, as the carbonic acid in it makes it soothing to the stomach, and the small quantity of carbonate of soda it contains does not interfere with digestion. When there is great irritability of the stomach, as in the commencement of fevers, bilious attacks, &c., soda water, with a small quantity of brandy, is an excellent sedative, and is seldom rejected. Lemonade and ginger beer frequently contain a quantity of impure sugar, which is apt to upset an invalid's stomach, and ought therefore to be avoided.

**INFUSED DRINKS THAT ACT ON THE NERVOUS SYSTEM.**—Tea and coffee are the principal in this class, and from their extensive use all over the world they demand a little consideration. Tea is more extensively used than coffee, and though it is not such a strong stimulant as the latter, it has a more soothing effect on the nervous system, and is generally to be preferred by the invalid. Though chemists assert that the active principles of tea and coffee are alike, tea drinkers assert that the action of the latter is very different to that of the former, and we know that we seldom find any confirmed coffee drinker who will not taste tea, but of tea drinkers who will not taste coffee we have abundance. Since the reduction in the duties on tea, it has become a universal beverage in these islands at the tables of the rich and poor, and though its daily use is not always attended with benefit, it is certain that it has been one of our great civilising agents, and much as we wonder at the craving for alcoholic liquors prevailing

amongst all classes of our population, it is certain that drunkenness would be still more prevalent were it not for tea, which, it may be truly said, cheers, but does not inebriate. Tea ought not to be taken too strong nor with a full meal; in the former case it causes over-stimulation, which soon relapses into a depression, and in the latter it retards digestion. The best time to take tea is about three hours after dinner; taken at this time it refreshes the body, now jaded by the labours of the day, and washes away any remains of undigested food that may be in the stomach. Tea ought not to be taken more than once a day by people in health, but the invalid may indulge in it twice. Coffee is always preferable for the morning meal if the health is good, but many invalids complain of indigestion after coffee in the morning. Tea, as taken by the poor, causes indigestion and other troublesome ailments. Poor needlewomen and others of the same class take tea several times a day with but little nourishment, and the consequence is a most intractable dyspepsia, with which every physician who attends the outdoor patients of our large hospitals is but too familiar. Green tea is too stimulating for the invalid, and is not to be desired by the healthy, and unless by medical advice ought never to be taken. Coffee is more difficult to prepare than tea, and this is probably one of the reasons why it has never become a popular beverage among the lower classes. The art of making coffee seems to be better understood on the continent than in England. Directions for preparing this beverage will be found in the Appendix.

Handing tea and coffee round after dinner is a pernicious custom, and the sooner it is done away with the better. They both tend to arrest digestion. The custom probably originated in the days when it was fashionable to drink a

bottle of port after dinner, and where it would be absolutely necessary to take something to correct the inebriating effects of such potations. The practice of giving cold tea to sick children is very prevalent amongst the poor, and ought to be discouraged. The effect that a cup of tea has on a paroxysm of irritative fever is very remarkable, and not so well known to the medical profession as it deserves. The writer has frequently experienced it in his own person, and the relief that it gives, though in some cases only temporary, is most marked and grateful to the patient.

Cocoa from its oily nature is not adapted for the sick, but some have a relish for it and can enjoy it. It can hardly be said to act on the nervous system, but to some it is a slight stimulant. It contains a considerable quantity of nutriment, and is an excellent beverage for those whose digestion is not impaired. Chocolate is much the same as cocoa.

FERMENTED LIQUORS.—It would be foreign to the purpose of this work to enter on the much vexed question of the use and abuse of alcoholic liquors. All we have to do with them here is to consider them medicinally and how far we are justified in prescribing them for the use of the sick. Wine, being the most ancient as well as the most universally used of the alcoholic beverages, comes first on the list. A great variety of liquors come under the term wine, but strictly speaking it refers to the fermented juice of the grape only, and will be so applied here. Wines vary much in their composition and physiological effects on the system, according to the quantity of alcohol and other ingredients contained in them. The old classification of wines into dry and sweet is a very convenient one, as it enables us to distinguish between those that contain unconverted sugar and those that do not. The latter are not suited to the invalid's stomach,

and ought never to be given to a person with weak digestion. A wine containing a great deal of alcohol is likewise unsuited to the invalid. The wines of Spain and Portugal frequently contain thirty per cent. of pure alcohol and large quantities of unconverted sugar, and though favourite beverages for the healthy and strong are never to be prescribed for the sick, and seldom for the invalid. Many specimens of these wines contain a large quantity of raw alcohol added to them in order to make them more suitable to British taste. The wines generally sold in public houses are frequently artificial imitations, and are not only worthless, but injurious. It is nothing short of absolute cruelty to sell such trash to the sick poor, who are the only customers for this class of so-called wine. The poor seldom or never drink wine when they are well, but when they are ill they always resort to port wine, as possessing a kind of imaginary virtue, for the cure of all diseases.

Sparkling or effervescing wines, such as champagne, &c., contain a considerable quantity of sugar and intoxicate rapidly, though containing but a small per centage of alcohol. Small quantities are, however, grateful and cooling drinks to the sick.

The light dry wines such as Claret, Hock, Moselle, Burgundy, Bitter Sherry, etc., are the most suitable for weak digestion. The quantity of spirits contained in them is but small, and they are free from unconverted sugar.

BEER.—This is the staple drink of Englishmen, and, unlike most of our narcotic beverages, is nutritious as well as stimulating. Though the manufacture of beer is brought to greater perfection in England than in any other country, it is known all over the world, especially in the colder countries where the vine does not grow. The Chinese make it from rice, the Americans from maize and various other grains.

Beer in its various modifications, as ale, sweet and bitter, porter, stout, etc., is an excellent drink for the healthy who pass a good part of their time in the open air, but it is only occasionally allowable to the invalid, and never to the sick. The quantity of extractive matter which it contains, though highly nutritious, is not easily digested, and not unfrequently distresses the stomach of the weak who venture to indulge in a glass or two. What is called cooper, a mixture of stout and porter, is generally the most digestible for the invalid, and is not liable to cause the sick headache which the heavy sweet ales frequently cause in those unaccustomed to their use. Bitter ale is an excellent invention, but it is not always so innocent as it is supposed to be. It may have tonic properties for some constitutions, but to the majority of invalids stout or cooper is more bearable, and less liable to upset digestion. Old ale contains a large amount of alcohol as well as extractive matter, and should never be taken by the invalid.

When beer is taken it ought to be with meals, and never in the intervals between. Beer causes a kind of dyspepsia in brain workers, which is liable to be attributed to every cause but the right one. I have known men suffer in this way for years, having no idea of the source of their ailment.

**DISTILLED SPIRITS.**—The art of distilling ardent spirits has been a cursed invention to humanity. The moral and physical evils arising from their use are numerous and terrible, and will one day be the subject of investigation and legislation. Their habitual use is baneful to the healthy as well as to the invalid, and ought to be avoided by all classes. In disease they are occasionally useful in small quantities, but as their use is always to be directed by medical advice, they need not be considered here.

## CHAPTER V.

---

DYSPEPSIA—DEFINITION OF THE TERM—SYMPTOMS OF DYSPEPSIA  
—CAUSES OF DYSPEPSIA—TREATMENT OF DYSPEPSIA.

DYSPEPSIA, or indigestion, signifies a derangement of one or more of the processes by which food is rendered fit for absorption into the blood. From what has been said in the first chapter of this work the reader will readily understand that although this disease is generally referred to the stomach it has not always its seat there, but may be owing to derangement of some of the other organs which are accessory to digestion, or it may be occasioned by a disease or irritation in a distant part of the body. Whatever may be its seat it is always troublesome and occasionally painful, not merely affecting the body, but the mind, making life miserable and not unfrequently leading to most incurable and deadly diseases. Dyspepsia is peculiarly a disease of advanced civilization, and is without doubt more common with us than amongst our forefathers, nor is there much hope of it decreasing, at all events in the class in which we now find it so prevalent—viz., the middle class in our large towns. Money getting is the practical religion of the day, and to get rich, no matter at what cost to body and mind, but still to get rich is the life aim of not a few. Dyspepsia is certainly one of the least evils that men bring upon themselves by such unnatural exertions in the acquisition of wealth, but it is one that is almost universal among the class referred to, so much *so, that during a late commercial disturbance a form of*

it was known amongst medical men as the "City disease." \* The notions that are prevalent, even amongst the educated classes, concerning this complaint are extremely vague and erroneous, and it is not a little amusing to hear patients relate their symptoms qualified with their notions as to the origin and cause of their complaint. The term "bilious" is used to denote various forms of dyspepsia, and the sufferer is thus led to take what are called antibilious pills, with which every chemist's shop abounds, thinking that by that means he will clear away the bile he imagines is his chief enemy. The purge will certainly relieve the symptoms for the time being, but the disease, so far from being cured, is only aggravated, and the antibilious dose is required in gradually increasing frequency until at last the patient gets alarmed and consults his medical adviser. The term heartburn is used to designate another form of dyspepsia, and as it is instantly cured for the time by a few grains of the bi-carbonate of soda, those suffering from it resort to this remedy for years perhaps before they apply for medical advice, but all the time the disease has been getting a firmer hold of the system. Experience has led me to believe that a little sound knowledge concerning this very common complaint is of great importance to the public, for we not unfrequently find that a little simple advice may remove the troubles of years, and rid the patient of much suffering, bodily and mental.

**SYMPTOMS OF DYSPEPSIA.**—The symptoms of indigestion are Protean in their character; seldom do we find two patients suffering alike; but the following may be taken as the leading symptoms of the disorder, though it must not be understood that they are peculiar to dyspepsia, or that they are

\* See "Paris on Diet."

all present in every or in any case of the disease.\* Many of them are present in other diseases of a much more serious nature than dyspepsia, and when any of them occur in a severe or very protracted form, medical advice should be sought and all doubt removed.

The most common signs of dyspepsia in its mildest form are an uneasy sensation in the region of the stomach after dinner, a feeling of lassitude and depression, and a disinclination for bodily or mental exertion. The temper is irritable and the mind gloomy and despairing. When the disease is present in a severe form, the uneasiness may amount to actual pain with nausea and vomiting, accompanied by acidity and flatulence. There is occasionally tenderness and pressure over the stomach, with a sense of constriction in the chest. The appetite is capricious, sometimes craving, but frequently entirely absent. The tongue is furred and the skin dry and harsh. Febrile symptoms after meals are not uncommon, and if the disease is of long standing there is more or less emaciation and flabbiness of the muscles. The bowels are generally costive and the urine high coloured, depositing a large quantity of sediment.

What is generally called a bilious attack is frequently a sub-acute inflammation of the mucus membrane of the stomach and upper part of the small intestines. It is generally accompanied by a headache and intense sickness; the stomach is intolerable to the mildest liquids, and bile is frequently vomited in considerable quantities. These

\* There is nothing that misleads a lay reader more than symptoms. He knows, or has been taught, that certain symptoms belong to a certain disease, and if he finds one or two of them in himself or others, he immediately jumps to the conclusion that a certain disease is present, ignoring entirely other symptoms which may be present, that would lead one more experienced to a different conclusion.



symptoms are generally accompanied by strange sensations in the head, and mistiness before the eyes, while the vessels of the eye have frequently a yellowish tinge. These are generally the symptoms associated with the common and simpler forms of dyspepsia. The severer forms, where there is organic lesion of the stomach, need not be considered here, nor would it be in accordance with my purpose, to enter into that form of the disorder which is caused by the irritation of some distant organ. The latter, strictly speaking, belong to the technical part of medical science, and a description of them would only tend to confuse the non-professional reader.

THE CAUSES OF DYSPEPSIA are as numerous as its symptoms, and proceed from widely different sources, but the primary fault is nearly always some inherent weakness in the patient—some constitutional malady that weakens the muscular power of the stomach and vitiates the gastric juice—a weakness of constitution brought on by breathing an impure atmosphere and close occupation—the mind overworked at the expense of the body—all these are fertile sources of indigestion, but principally the first. A constitutional taint of some kind, either inherited or acquired, is at the root of more cases of dyspepsia than any other cause, and when we know that any such taint lurks in our body, we should be the more careful to keep it latent, for the least excess may bring it into activity and cause much misery. The constitutional diseases that are known to give rise to dyspepsia are phthisis, gout, chronic bronchitis, syphilis, and rheumatism. These diseases may not be actually present so as to be apparent to the eye, but the least taint of them lurking in the blood is sufficient to give rise to indigestion.

Among the immediate existing causes of dyspepsia may be enumerated improper food, that is to say, food, wholesome in itself and suitable for the healthy, but too strong for the weak stomach of the dyspeptic, and, which instead of nourishing him, aggravates his complaint. Bad cookery is not an unfrequent cause of indigestion. Baked meat for instance is much more difficult to digest than roasted meat, and when bread, paste, puddings, etc., are not properly prepared, they are sure to disagree with a dyspeptic patient. Want of teeth and eating too hurriedly generally make digestion prolonged and painful. In the one case the food is not properly divided, and the stomach is called upon to do extra labour in reducing it to chyme, and in the other the food has not had time to be properly mixed with saliva, which, as already explained, is very essential to digestion. Spirit drinking is a most fertile source of dyspepsia, and though among the least of the evils caused by such a baneful habit, is prolific of much misery. The spirit drinker's appetite is nearly always impaired. The mucus membrane of his stomach being kept in a state of sub-acute inflammation is never fit for its duties; the consequence is that his food is either rejected, or it passes into the bowels in a semi-digested state, where it causes irritation and diarrhœa. Every medical practitioner is well acquainted with the drunkard's dry furred tongue, his congested eye, gastric pain, and the well known train of symptoms indicating liver disorder. Beer or wine drinking in excess are likewise well known causes, and even moderate quantities of these will in some constitutions produce very severe dyspepsia.

The excessive use of tobacco or opium will frequently cause dyspepsia, and so will tea and coffee in the same way, but the moderate use of either at proper times is harmless.

Men following certain trades, as shoemaking, are apt to suffer much from indigestion. This is owing to the stomach being pressed upon from without, which hinders its action and otherwise interferes with it in the performance of its duty. Tight lacing was once a common cause of indigestion from compression of the stomach in the same way, but our more enlightened females of the present day have, I am glad to say, in a great measure abandoned this fashion. Abuse of purgative medicines not unfrequently induces dyspepsia, especially the patent medicines, which sufferers are led to believe will cure all diseases, but which often give rise to others perhaps worse than the first. Lastly there are what are called idiosyncrasies that some people have with reference to certain articles of diet, and which have given rise to the saying that "what is one man's food is another's poison." We all know some who have a horror of certain kinds of diet which are not only harmless, but highly digestive and nutritious to others, and yet these people can eat and digest some foods that a person with a moderately good digestion could not partake of with impunity.

Climate has frequently a good deal to do with bad digestion. To some people a warm relaxing climate is an abundant source of indigestion, and this cause is often felt by the English abroad, and large quantities of hot spices are taken to obviate it, but these often aggravate the evil which they were intended to cure.

Eating too much is such a well known cause of indigestion that it may seem ridiculous to mention it, but every medical practitioner knows that people may suffer from this cause for an indefinite period and not find it out. It never strikes them they are giving their stomachs too much to do, though it groans daily under its load, and gives them a great deal

of uneasiness. Literary men and all who have sedentary employment are apt to err in this way. They know that to get an appetite they must take exercise, and they start off for a long walk, or perhaps take a turn at the gymnasium before dinner. They get a kind of an appetite, but the body is exhausted, and when a heavy meal is taken directly after, the stomach, partaking of the fatigue of the body, is unable to digest it, and consequently the food may lie for some hours indigested, causing much misery, bodily and mental.

Too great or too short intervals between meals ought to be avoided, as both extremes are injurious. No rule can be laid down for the guidance of patients in this respect, for in some digestion is quick while in others it is extremely slow. A little attention to his own feelings is, however, enough to set a patient right on this point.

**TREATMENT OF DYSPEPSIA.**—The first indication in the treatment of dyspepsia is to find out the cause of the ailment. No doctoring of the stomach will avail much if the cause of the disorder is still in operation. See whether any of the causes mentioned in the preceding pages are in operation, and if so, have them removed as far as possible before any remedies are used. When some constitutional disease is at the root of indigestion, the treatment ought to be directed for its removal rather than trying to cure the dyspepsia, which may be only one of its symptoms; but as such an attempt would be attended with danger in the hands of patients themselves, I will not enter upon it here. It may be mentioned in passing, however, that cod liver oil in small doses is perfectly safe and an excellent remedy for indigestion associated with scrofula, consumption, chronic bronchitis, and chronic asthma. When there is a tendency to this disorder, either hereditary or acquired, great care should be taken in

regulating the diet, by taking meals at the proper time and taking food only that can be easily and quickly digested. The following directions in reference to meals and quality of diet may be useful to some. Breakfast, when possible, should be taken late; about ten is the best hour, but a little refreshment, such as a cup of warm milk and a small biscuit, should be taken on getting up. The dyspeptic who can take his breakfast at ten o'clock ought to make it the principal meal of the day, for at this time and till noon the body is in full vigour, and the stomach is able to digest thoroughly a larger quantity of food than during any other portion of the twenty-four hours. Coffee, made as directed in appendix, is the best fluid, but if it does not agree, tea or cocoa may be substituted. Bread toasted and allowed to cool and then buttered may be taken in moderate quantities, and one or two new laid eggs lightly boiled. For the eggs, fish, a small mutton chop, some cold mutton, or lamb, may be substituted according to taste. Luncheon should be taken about one, and should only be a light refreshment, such as a glass of milk with a biscuit, or claret if preferred to the milk. Dinner should be taken between four and five, and should be plain, consisting of two or three courses at the most. Beef, mutton, fowl, fish, or game may be taken sparingly according to taste, but only one or two varieties, for when there are various dishes on the table, the appetite is tempted and more is taken than is really necessary. A light pudding or stewed fruit may be taken afterwards, but no pastry. Claret is the best drink for the dyspeptic, but if that liquor is not relished, a glass of water is sufficient. A tablespoonful of brandy added to the water is useful in some cases. Drinking alcoholic wines, such as port or sherry, after dinner arrests digestion and causes acidity and flatulence.

Tea should be taken about three or four hours after dinner, and should on no account be made a meal of; one slice of bread or a biscuit is all that should be taken with it. Some dyspeptics are better without any supper, but many people sleep better with a little food in the stomach. A corn flour or arrowroot pudding, a light boiled egg, curds and whey, or a slice of chicken may be taken at this meal. The dyspeptic ought to be careful how he indulges at this meal, for at no meal in the day is he so apt to err. Many with a weak digestion prefer supper to any other meal, and are therefore liable to take too much, which causes them uneasy nights with dreams and nightmare; besides, the appetite is spoiled for the morning meal, which, as already observed, ought to be the heartiest of the day. No rule can be given for the quantity of liquid taken with dinner and supper, but too little is always better than too much. Malt liquor ought to be avoided, yet some cases may be benefited by a glass of Dublin stout before retiring to rest, but at no other time of the day.

The following is a list of the articles of diet that the dyspeptic would do well to avoid:—Cheese, pastry, melted butter, pork, game, when it is high, rich soups, veal, hard boiled eggs, mushrooms, raw fruit or vegetables, all kinds of shell fish, native oysters excepted.

While a strict system of diet is recommended to the dyspeptic, it must not be supposed that he is to select the most digestible articles of diet and take them every day, for this would be committing a grave error in the opposite direction. Variety is frequently everything to the weak stomach, and the diet should be as varied as possible, even at the risk of taking a little that is set down in the foregoing list. Most invalids will find a sufficient variety among the

articles of diet mentioned in Chapter II, which are both easy of digestion and nutritious; thus there will rarely be an excuse for straying from the correct path. Amongst the aids to digestion, judicious exercise in the open air holds an important place, and it is one which we frequently find altogether neglected or abused. No class suffers from indigestion more than those who have close confined occupations, requiring little or no muscular exertion. Females, from the nature of their employment, suffer more in this way than males, and they not unfrequently go on suffering for years until serious disease is established, and then, and not till then, they seek medical advice. A certain amount of exercise in the open air is necessary for every one, if the strength allows it, but persons who are weakly must be careful how they take their exercise; for injudicious exercise would only aggravate the disease it was intended to cure. Dr. Chambers, a physician who has had a great experience in this disease, says that he has met with more literary men who suffer from taking too much exercise than from taking none at all.

No one should sit down to a heavy meal when the body is fatigued, far less a dyspeptic. In extreme fatigue a cup of tea and a biscuit or a glass of light wine may be taken, but nothing heavier. The best kind of exercise is riding, the next best is walking, and for the weak a drive in an open carriage may be enough. Running and gymnastics are only for the strong, but whatever is the kind of exercise it should always be proportioned to the strength, as an excess, especially in those who work with the mind, would only make matters worse instead of better. Change of air and scene is perhaps the best of all known remedies for indigestion, and though the effect is generally only temporary, no sufferer who can

afford it ought to neglect this means. Who has not seen in himself and others the effect of a trip to the sea-side or to some mountainous district? The strength seems renewed, the appetite that was once so dainty has all at once become so ravenous that there is no fear of any diet, however indigestible, disagreeing; the spirits that were depressed and miserable a week before become buoyant and joyful now, and the whole frame seems renewed. It is difficult to account for such a change, but no doubt the effect on the mind is greater than that on the body. Continuous travelling is better than a residence in one place, but when the dyspeptic from any reason cannot travel, a residence in a dry bracing atmosphere is the best. Mountain air is generally preferable to sea air, and a ramble among the mountains of Switzerland or the Highlands of Scotland is preferable to the sea-side.

Cold bathing as a remedy for dyspepsia is not so well known as it deserves. The bracing effect of a cold bath is not confined to the external parts of the body but is general throughout the whole system. Friction over the region of the stomach after bathing, with a dry towel or flesh brush, ought to be employed, as it causes a slight amount of counter irritation and helps the reaction that ought to come after the bath.

Certain mineral waters are useful in some forms of dyspepsia, but patients must not believe all the rubbish that they find in the puffing books of parties interested in drawing patients to certain springs.

It is a well known fact that the good, in many instances, said to be derived from medicated waters, is attributable entirely to the change of air, change of scene, and the cheerful society that a patient meets with at these places.



The early hours and regular exercise are another source of health connected with watering resorts.\*

With reference to the medicinal treatment of dyspepsia, the following simple prescription may be tried when the symptoms are not severe. Great attention should, however, be given to the hygienic treatment contained in the preceding pages, especially the rules with reference to diet and exercise, which, if strictly attended to, are often in themselves sufficient to cure indigestion.

For dyspepsia, with debility not accompanied by irritation of the stomach :—

Sulphate of quinine, eight grains.

Dilute phosphoric acid, two drachms.

Chloric æther, three drachms.

Water, twelve ounces. Mix.

\* During the autumn of last year the writer visited the principal mineral wells of England, and though the towns founded on the reputation of the mineral are in a flourishing state, the waters themselves were getting into disrepute. The splendid temples erected over these wells were all deserted, and some of them, such as Cheltenham, falling into decay. The proprietors of the wells were complaining sadly that visitors seemed to get careless about the waters, and came more for the society and bracing air than anything else. Harrogate seems to be the only place that is an exception to this. The waters are still drunk there in considerable quantities, but Harrogate has nothing else but its waters to recommend it; the other places have.

The hydropathic system seemed, indeed, to be flourishing at Great Malvern, but the beauty of the scenery in this charming spot is sufficient in itself to attract visitors, and once there, if the visitor is in any degree an invalid or supposes himself to be one, he will be strong minded indeed if he does not fall a prey to the apostles of hydropathy that throng this beautiful spot. The mineral water of the Leamington spa is slightly aperient and very useful in cases of dyspepsia with congestion of the liver and torpor of the bowels. The interesting localities and charming scenery in the neighbourhood are likewise a great attraction. The waters of the Royal Spa, Cheltenham, do not differ much from those of Leamington, but the latter is the best residence for the invalid in many respects.

Tunbridge Wells and Clifton are very suitable to the dyspeptic on account of their climate, but the waters in these places are not suitable for ordinary cases of dyspepsia.

Take two tablespoonfuls three times a day half-an-hour before meals.

For dyspepsia, accompanied by irritability of stomach and vomiting :—

Sub-nitrate of bismuth, forty grains.

Chloric æther, two drachms.

Infusion of columba root, ten ounces. *Mix.*

Take two tablespoonfuls three times a day before meals.

For dyspepsia with sour eructations :—

Bi-carbonate of potash, two drachms.

Tincture of calumba, half an ounce.

Tincture of ginger, two drachms.

Infusion of quassia wood, twelve ounces. *Mix.*

Take two tablespoonfuls three times a day.

Draught to relieve flatulent distension after meals :—

Sal volatile, thirty drops.

Tincture of ginger and compound tincture of gentian,  
of each forty drops.

Water, one ounce. *Mix.*

CHAPTER VI.

---

HINTS ON NURSING—IMPORTANCE OF DOMESTIC NURSING—  
THE SICK ROOM—MAXIMS ON NURSING—QUALIFICATIONS OF A  
NURSE—FAINTING FITS, VOMITING—CONTAGION—ON THE  
APPLICATION OF POULTICES, STUPES, ENEMAS, BLISTERS.

IN the few remarks I have to offer on nursing, there is nothing I would insist upon more than the importance of domestic nursing. When it is at all practicable it is better not to have a hired nurse; not that I by any means disparage that useful class of females who are frequently so indispensable to us, and perform such arduous and self-denying duties in our hospitals and other public institutions; but I would entreat all mothers, wives, and sisters to make themselves acquainted with the details of nursing, and not to shrink from the duty when the occasion presents itself.

The patient very often, especially if his mind is affected in any degree—and it is not seldom the case in the worst stages of a severe illness—looks upon the hired nurse as a kind of enemy, and the idea of having a stranger about him is sufficient in itself to make him fidgety and irritable. Medicine or food from her hand are not so pleasant as they would be from the hands of a relative, who would perform the duty not in consideration of shillings and pence to be received, but out of pure love and sympathy. In nursing the sick one grain of love is worth ten grains of skill and dexterity; and besides, what is more elevating to our moral nature than to be brought in contact with suffering? It enlarges our sympathies and cultivates the least selfish parts

of our nature. We see the poor daily recovering from severe illness in miserable hovels, and that too in a shorter space of time than in a public hospital, where they have all the advantages of pure air, good nursing, and the best of medical attendance. What can this be owing to more than that the poor man feels he is at home, however squalid that home may be, and that he is not subject to the discipline of an hospital, and that those who minister to him are not hirelings, but loving relations who are sincerely interested in his recovery. That our hospitals for the sick are the best institutions of which our country can boast few will deny; but the multiplication of hospitals, if it goes on at the rate it has been doing for some time past in London, will one day be found to be an evil. Hospitals exclusively for contagious diseases are certainly necessary, and of these we have not yet enough, but of special hospitals we have already too many.

There is no truer saying than that the good nursing of the sick is half the cure, and a sympathising, intelligent nurse is often of as much consequence to a patient as a physician. Yet how sadly this branch of sick aid has been neglected; until lately it was generally supposed that a woman who was fit for nothing else might do for a sick nurse. Miss Nightingale, who is called the modern apostle of sick-nursing, deserves the nation's gratitude for her efforts in this cause. Her work has already borne considerable fruit, and will no doubt bear more. To alleviate human suffering, in however a humble way, is a noble duty, and one peculiarly fitted to the instincts of the female mind, and we hope to see sick-nursing one day among the graces of female accomplishments.

THE SICK-ROOM.—The aspect of a sick-room ought to *be cheerful, and, when possible, towards the south or west.*

It should not contain one article of furniture more than is absolutely necessary, and everything ought to be neat and in its place. An untidy room has a depressing effect on many patients, and none but those who have felt it can tell how any thing out of its place will fidget and annoy him. A few pictures or flowers are frequently a great comfort. They help to vary his thoughts and take them away from himself, which is often of great consequence. A small pet animal, as a bird, when he is recovering, will amuse him and help to wile the weary hours of sickness. The sick-room ought to be perfectly clean and sweet. No pains ought to be spared in this way, for any thing that will in the least degree contaminate the atmosphere may be very injurious to the sick, especially where there is a wound or open sore either through an operation or an accident. An iron bedstead, with steel spring mattress, as recommended by Miss Nightingale, is the best ; but when this cannot be had, a common iron bedstead with a hair mattress will do. The old four posters, with close curtains, will, I hope, in a short time be found only in our museums. It is better that the room should be carpeted, if the disease is not contagious ; an uncarpeted room looks dismal to a patient, and the movements of the nurse or friends annoy him more from the noise ; but when it is a case of fever, carpets and all other materials of a like description ought, as far as possible, to be dispensed with. When there is sufficient room two beds are a great comfort to a patient. To be shifted from one to the other is often very grateful to him and does not fatigue, while the bed clothes can be changed and aired. Great care ought to be taken in removing the secretions and keeping utensils clean. A little of Condyl's disinfecting fluid is very useful for this purpose. Ventilation ought to

be strictly attended to, and the atmosphere changed, at least twice a day. In acute diseases of the chest, ventilation ought to be carried out as directed by the medical attendant, as it will not do in every case to blow fresh air on the patient. The best way to ventilate a room is to let down the windows from the top and open the door. While this is being done, if the weather is cold, a good fire ought to be burning, and in any weather the patient ought to be well covered up while ventilation is performed. When the atmosphere is foggy and damp outside it is better to trust to ventilation from the staircase than risk the introduction of a damp atmosphere loaded, as it often is in towns, with particles of soot which will irritate the patient's lungs.

The sick chamber ought to be well lighted as a rule. There are certain cases of head affections when too much light will aggravate suffering, but in most diseases a moderate quantity of light, if it does not pain the patient's eyes, ought to be admitted. This should be especially attended to during convalescence, when light materially aids the progress towards recovery. Every sick-room ought to have a thermometer. This little instrument, which has been such a great aid to science, is now so cheap as to be within the reach of all, and the use of it is so simple that every domestic who is able to read figures can use it; the most suitable temperature in these climates is from fifty-one to sixty-four.

In chest affections the temperature ought to be higher, and in fevers lower than the figures mentioned. A bright fire is preferable to any other mode of warming. In hot weather the heat may be moderated by using coloured blinds, and allowing a free circulation of air.

*Every sick-room* ought to have a small table near the bed,

but if possible out of the patient's sight, where medicine, medicine glasses, drinks that the patient uses, and other necessaries should be kept.

Rules for feeding a patient have been given, and need not be repeated here. Medicine should never be given immediately after food; it is apt to cause nausea and sickness. Medicines that have a disagreeable taste ought to be given with a dish having a long spout, with the aid of which they can be swallowed without causing much taste in the mouth. It is better not to have the medicine in the patient's sight; this rule applies especially to children. Sponging with luke warm water is very grateful to a patient, and ought to be practised every morning with the permission of the medical attendant.

In the severe stages of an illness a patient ought to be kept as quiet as possible, but during recovery the visits of a few friends, if not prolonged, will frequently cheer him and do him good, but this point ought to be regulated in a great measure by the patient's feelings. Music and reading aloud are often soothing, and help to divert attention from his ailments. Never allow any whispering conversation, either in the sick-room or outside the door; the patient will always suppose the conversation is about himself, and that it is something about his ailments that it is not good for him to hear. This will set him thinking about his condition, and he will probably imagine it is worse than he thought, or his friends and medical attendant lead him to believe. Never be in a hurry in a sick-room; it worries the patient more than any one is aware of.

**QUALIFICATIONS OF A NURSE.**—Above all things a nurse ought to have a loving and sympathising heart. This is not an acquired faculty but a natural one, and a nurse who has not got it, is wanting in one of the chief elements that ought

to form her character. Her duties will be in a great measure to witness suffering, and the nurse who gets callous and indifferent to human suffering is the most odious of all beings. Not that I would have a nurse simper and cry over every patient, but I would have her feel and understand that human suffering is a sacred thing and comes from God, and should be respected accordingly.

Discretion is the next important qualification of a nurse. To be able to know when to speak and when to be silent is a faculty that few possess, and it must be admitted that females are more apt to be wanting in this than the opposite sex. Carlyle's saying that speech is silvern, but silence golden, is one worth attending to by nurses. A chattering nurse is a nuisance to the patient and every one about her. Most nurses have, or suppose they have, some knowledge of diseases, and frequently take a pride in questioning the medical attendant's opinion, or ordering the patient some favourite remedy or food of their own. Although this is frequently done with the very best intentions, it is a practice that cannot be too strongly condemned, as it may lead to infinite harm and will not benefit in one case in a thousand. Moreover, the practice is dishonest, for it misleads the physician, and causes him to lose faith in his remedies when he finds symptoms arising that he did not calculate upon or expect. A nurse should never make comparisons between her patients. These comparisons are frequently absurd, and if they are made in a patient's hearing discourage and annoy. It is no part of a nurse's duty to offer an opinion as to the probability of a patient's recovery; that ought always to be left to the patient's medical adviser.

Presence of mind is an important qualification in a nurse. To be cool and collected in an emergency, such as that of



a patient fainting or having a fit, is not only of great importance to the sufferer, who will have the advantage of having near him a person who has her wits about her, but will inspire the friends with confidence, and make them feel at ease. A nurse who gets excited is sure to blunder and do more harm than good.

The dress of a nurse ought to be neat and tidy, and scrupulously clean; a light colour is the best. Silks and crinoline are forbidden. It need hardly be mentioned that a nurse ought to be strictly temperate; one who is anything else ought never to be trusted. To be able to write legibly is of great importance to a nurse, for the noting of symptoms and effects of remedies is often an important guide to the medical attendant.

**CASUALTIES IN THE SICK ROOM.**—To know how to act in sudden casualties that may happen, not only in the sick room, but in ordinary every day life, is very important to every female to know. What is wanting on such occasions, generally, is presence of mind. Every one gets excited and the patient may die before any one has the courage to do anything for him. The terror that is inspired by seeing any one faint or fall in a fit is frequently superstitious and unmeaning, and ought to be combated in every possible way.

Fainting is not an uncommon occurrence, and is caused by a partial cessation of the action of the heart. The patient feels giddy, a cold perspiration breaks out, and he is partially insensible for a few minutes. When he is not weak it is not dangerous, and no alarm ought to be felt, but if the fainting occurs in a person already weakened by disease it is not a good symptom, and recurrence ought to be avoided as far as possible. Patients recovering from dangerous illnesses, such as fevers, are very apt to faint when raised up

in bed. This should be carefully guarded against, as it is not unattended with danger. When any such tendency manifests itself, patients ought to have a cup of tea with two teaspoonfuls of brandy in it, or two tablespoonfuls of beef tea, before any attempt is made to move them. If a patient faints away he ought to be laid flat on a bed or on the floor, and cold water sprinkled on his face. His neck should be made bare and plenty of cold air allowed to blow upon him. Another person ought to promote respiration by pressing the ribs on each side, so as to expel the foul air from the lungs. Wrapping the feet in warm flannel, if at hand, is a good plan. Where the patient is sufficiently recovered to be able to swallow, a little brandy or other stimulant may be administered; but great caution ought to be observed not to administer anything while the patient is partially insensible, as it might go down the windpipe and cause suffocation.

**FITS.**—Convulsions are more frequent in children than in adults, but they are dangerous and alarming in either. The fits of children generally arise from teething, or some indigestible matter in the stomach or bowels causing irritation; whereas, in adults, fits seldom occur except in epileptic or hysterical patients. When a child takes a fit, the first thing to be done is to strip off its clothes and put it into a bath, the heat of which is from 80 to 90 degrees. While in the bath, artificial respiration may be assisted as directed for fainting. Five minutes is about the time it ought to remain in the water, and when taken out it should be wrapt in a warm flannel or blanket. When a child takes one fit it is very apt to have more; and this fact being known, some warm water ought to be kept in readiness in case it is wanted again. An aperient of some kind, such as a calomel and

rhubarb powder, is always beneficial when a child recovers from a fit, and if a medical attendant is not at hand to advise it can always be given with safety. When fits come on in succession, medical advice ought to be instantly sought, as they always indicate danger. Convulsions of various kinds affect adults, but two only need be mentioned here, viz., the epileptic and hysterical. The former is well known as the "Falling sickness," and is a very distressing and frequently an incurable malady. Patients affected in this way ought to be very careful in what they eat and drink, for any irregularity is sure to bring on a fit. It is very important to the epileptic patient, although he may not be cured, to ward off as many fits as possible, for each fit damages the brain and renders the accession of another at a shorter period of time more certain. By observation, and using certain precautions that experience sanctions, the poor epileptic might be saved a great many fits and his life in all probability materially lengthened. When a patient is in an epileptic fit the first thing to be done is to put a cork or some other soft substance between the teeth to prevent injury to the tongue, for this organ is frequently very much lacerated from getting between the teeth during the convulsive action of the strong muscles of the jaws. After this, everything about the neck ought to be undone and the chest laid bare. If the patient is a female, loosen the stays. The only other precaution necessary is to see that the sufferer has plenty of fresh air, and that he does not injure himself when struggling. The administration of remedies ought not to be attempted, as the patient is not able to swallow for some time after recovery. When the fit is over he generally lays in a heavy sleep for some time, from which no attempt should be made to awaken him.

Hysterical fits nearly always occur in females, and assume very various forms; they are seldom dangerous, though always troublesome and alarming.

To distinguish hysterical from epileptic fits is not always easy, but the following symptoms ought to be observed:— In real epilepsy there is always total insensibility; in hysteria, never. In epilepsy there is foaming at the mouth; in hysteria this is rare. Screaming is frequent in hysterical convulsions; but, with the exception of the first scream, in epilepsy no such symptoms occur. These are the principal points of distinction between the two diseases. In treating hysteria, nothing else is necessary than to see that the patient does not injure herself. Cold water dashed with some violence into the face will frequently effect a marvellous cure.

VOMITING is often a troublesome and dangerous symptom in a patient, and requires great skill on the part of the nurse to correct. The stomach not unfrequently gets into such a state that it will not even bear a teaspoonful of cold water without causing the most violent retching. When this is the case it is better to administer nothing to the patient by the mouth; sufficient nutriment, if absolutely necessary, can be introduced by beef-tea enemata, and thirst can be assuaged by allowing small pieces of ice to dissolve in the month. A mustard poultice ought to be applied over the region of the stomach, and the extremities kept warm. When the stomach has rested for some time the irritability passes off, and small quantities of nutriment may be given by the mouth. The mildest aliment is milk, mixed with an equal quantity of lime water. This may be given at first in tablespoonfuls repeated every quarter of an hour, the quantity being gradually increased as the stomach gets

stronger. After a time beef-tea concentrated, and in small doses, guarded with a few drops of brandy, may be given, or small quantities of light puddings. The best drink is good soda water, given in small quantities—about a wine-glassful at a time, with a teaspoonful of brandy. Great firmness is necessary in such cases, as the patient has great craving for drink, although he knows his stomach will reject it, and that he is none the better, but rather the worse, for it. The friends are often officious, and, in their fear of the patient sinking, will frequently administer food injudiciously, and in direct opposition to the medical attendant's orders.

CONTAGION.—In the simple diseases of children, such as hooping-cough and measles, the avoidance of contagion, except for special reasons, is unnecessary. No children, especially in towns, avoid these complaints, and from one to two years is a good age to pass through them. As to small-pox, it may be passed over. Every one, rich or poor, has the means at hand to protect themselves from this the most terrible of our diseases, and any one who neglects vaccination from foolhardiness or obstinate conceit, deserves the punishment which is the inevitable consequence.

Scarlet fever is a very contagious disorder, and is often fatal to children. By strict attention to the following rules it may be prevented from spreading in a house. When a child or grown-up person has this disorder, they ought to be kept to one room, and the nurse who attends to them ought to have nothing to do with the other inmates of the house. The room ought to be as bare as possible, and especially should all woollen articles be dispensed with, as far as practicable. The room ought to be well ventilated, and some disinfectant, such as carbolic acid, should be exposed in it.

The excreta ought to be disinfected with this substance, and the patient sponged with a weak solution of it.

Patients ought to be kept to their rooms for five weeks. When these precautions are taken there is generally little fear of contagion or the disease spreading. In the houses of the poor, where there is only one room for a whole family, the contagious poison should be modified by strict attention to ventilation, and the use of disinfectants. The same rules apply to typhus and gastric or enteric fevers.

**POULTICES.**—The art of poultice-making was once considered one of the chief accomplishments of an hospital nurse. These applications are not used so much now as formerly, but they are still, in many cases not only useful, but indispensable. Crushed linseed is generally used for this purpose. It is made into a poultice by pouring boiling water over it in a basin, and stirring well until it is of a proper consistence. The principal points to be attended to are the proper quantity of water and thorough stirring, so that the poultice will be smooth and of the same consistence throughout. When it is intended to act as a counter-irritant a little dry mustard is sprinkled over the face of it, and applied with a thin layer of muslin between it and the skin. This is a much better plan, when mustard is to be used, than applying the mustard with water only. Bread poultice is made by cutting large slices about an inch thick off a loaf. Put them into a basin, and pour boiling water on; cover the basin over, and let the bread soak for ten minutes, then lay it on without breaking the bread. Another way is to rub the bread down smooth with the hand, and then pour the boiling water on it.

A bran poultice is made by scalding bran with boiling water and putting it over the seat of pain. As bran is not

\*adherent, it is better to envelope it in a cloth before applying it.

A turpentine stupe is made by wringing a piece of flannel out of hot water, then sprinkling it with turpentine, and applying it over the seat of pain. Care must be taken that too much turpentine is not used and the patient unnecessarily punished. Solution of ammonia may be used instead of turpentine when a stronger effect is desired; but its use requires caution.

ENEMAS.—To know how to administer an enema is very important. The best instrument for the purpose is the common india rubber pipe with a valve in the middle, and worked by a bulb.

APERIENT ENEMA.—Castor oil, one ounce; turpentine, a teaspoonful; warm water, two pints.

ENEMA TO RELIEVE THE LOWER BOWEL.—Warm water, two pints; common soap, half-an-ounce. Dissolve.

STARCH ENEMAS are very useful to relieve pain, and bearing down of the bowels. The starch should be made in the ordinary way, but rather thinner, and a few drops of laudanum added to it, according to the age of the patient. It ought to be remembered that laudanum acts on the system when given in this way as well as when given by the mouth. It is therefore dangerous to give it to children without medical advice. The india-rubber bottle, with a smooth ivory pipe, is the best instrument for children.

In common costiveness an enema of warm water is frequently preferable to an aperient dose. People often get into the habit of taking purgative medicines, which is difficult to leave off, and which inevitably leads to indigestion, and still more obstinate costiveness. By using a warm water enema occasionally this state of things may

be obviated, and a natural action of the bowels induced, which may be still further helped by using a diet calculated to act on the lower intestine. Brown bread, as mentioned before, is good for this purpose. Stewed fruit, and fresh vegetables well cooked, are likewise recommended.

**BLISTERS.**—As blisters are always prepared at the chemists, no directions for preparing them need be given here. A fly blister is a strong remedy, and ought not to be used without medical advice. A blister ought to remain on from four to ten hours, as the medical attendant orders. Some people have very tender skins, on these a period of four hours will produce more effect than ten hours on others. Although there may be no raising of the skin when the blister is removed, if a poultice is applied it is sure to rise in a short time. Where the vesicles are large they ought to be clipped. Spermaceti ointment on cotton wool may be applied for a dressing. The active principle of Spanish flies spread on paper, as prepared by Mr. Brown, of Birmingham, is generally preferable to the old cantharides ointment. The preparation of a mustard blister is too well-known to require description. A very elegant invention has been introduced by Mr. Cooper, called “Sinapine.” Directions for using it accompany each package. Sold by A. Cooper, Abingdon Terrace, Pembroke Square, Kensington, London.

THE END.



## APPENDIX OF FORMULÆ.

---

The following receipts are mostly collected from the best works on cookery. Some of them are altered to suit the digestion of the invalid. In making the selection, care has been taken to present as great a variety as possible without departing from the legitimate sphere of invalid diet.

### BEEF TEA—LIEBIG'S RECEIPT.

Mince very small a pound of good juicy lean beef. Pour upon it one pint of cold water. Place in an oven, or by the fire, covered, for three or four hours. It must not be boiled, and the heat should not exceed 150°. Add salt and pepper to the taste.

Weak beef tea may be made with cold water. Infuse the minced beef in cold water for six or eight hours, then press the juice out of the meat. Heat the liquor when wanted, and add salt and pepper.

### CREFYDD'S RECEIPT.

Let the cook understand that the virtue of beef tea is to contain all the contents and flavours of lean beef in a dilute form, and its vices are to be sticky and strong, and to set in too hard a jelly when cold. When she understands this let her take half a pound of fresh killed beef for every pint of tea she wants, and carefully remove all fat, sinew, veins, and bone. Let it be cut up into pieces under an inch square and set to soak for twelve hours in one third of the water required to be made into tea. Then let it be taken out and simmered for three hours in the remaining two-thirds of the water, the quantity lost by evaporation being replaced from time to time. The boiling liquor is then to be poured on the cold liquor in which the meat was soaked. The solid meat is to be dried, pounded in a mortar, and minced so as to cut up all strings in it, and mixed with the liquid.

When the beef tea is made daily it is convenient to use one day's boiled meat for the next day's tea, as thus it has time to dry and is easiest pounded.

Some persons find it more palatable for a clove of garlic being rubbed on the spoon with which the whole is stirred.

#### ANOTHER FORM.

The beef must be very fresh. Take four pounds of the upper side of the round, cut it into small pieces (leave out every bit of fat), put it into a jar with a saltspoonful of salt and three pints of cold water; tie it closely down, place it in a saucepan of water, and let it boil gently for five hours. Strain and serve with fresh made dry toast cut in fingers. The precaution of passing a piece of stale bread over the surface, lest there be any particle of fat, will be well observed.

NOTE.—Boiled rice or tapioca may be added if liked.

#### MIXED MEAT TEA.

One pound of lean beef, one pound of lean veal, one pound of lean mutton, all very fresh, and cut up into small pieces. Put the meat into a bright stewpan with three pints of water, a saltspoonful of salt, and simmer gently, skimming often, for four hours; then strain. Twenty minutes before serving moisten a teaspoonful of Du Barry's Revalenta Arabica with a wineglassful of cold water, and stir into half a pint of the tea; boil slowly for twenty minutes.—CREFYDD.

#### COLD ESSENCE OF BEEF.

Take half a pound of newly killed beef or fowl, chop it fine, add twelve ounces of distilled water, four drops of pure muriatic acid, 34 to 67 grains of common salt, and stir well together. After an hour the whole is to be thrown on a conical hair sieve, and the fluid allowed to pass through without any pressure. The first thick portions that pass are to be returned to the sieve until the fluid runs through quite clear. On the flesh residue in the sieve pour slowly six ounces of distilled water, and let it run through. There will be thus obtained about sixteen fluid ounces of cold juice (cold extract of flesh) of a red colour, and possessing a pleasant taste of soup; of which a wineglassful may be taken at

pleasure. It must not be warmed (at least not to a greater extent than can be effected by partially filling a bottle with it, and standing this in hot water), since it is rendered muddy by heat, and deposits a thick coagulum of albumen and the colouring matter of blood. Very valuable in cases of continued fever, in dysentery, and indeed in all diseases attended with great prostration and weakness of the digestive organs. When the flavour is thought disagreeable it may be concealed by the addition of spice, or of a wineglassful of claret to each teacupful of soup.

#### ESSENCE OF BEEF.

Take a pound of lean beef free from skin and fat, chop it up, put it into a large earthen jar with cover, cement the edges with flour paste, tie it up tightly with a cloth, plunge it into a saucepan and let it boil for two hours, pour off the liquid essence from the coagulated muscle; let it stand till cold and skim off the fat.

When beef tea cannot be immediately procured, or when the patients are not likely to get it properly prepared, Gillon's beef tea or Liebig's extract form good substitutes. They are sold by most respectable Chemists and Grocers, and directions for preparing them accompany each packet or tin. Many preparations are now sold under the name of Liebig's essence of beef, but that prepared by Mr. Tooth of Sydney, and sold in London by Messrs. Coleman, of 13, St. Mary-at-hill, E.C., is the purest.

#### INVALID SOUP.

Gravy beef, 1 lb.; scragg of mutton, 1 lb.; isinglass, 2 oz.; vermicelli, 3 oz.; mushroom ketchup, 3 tablespoonfuls; corns of allspice, 24; sage, a sprig; cold water, 3 quarts; put the isinglass and the meat cut small into the cold water, gradually boil, skim well, and then add the other ingredients; simmer four or five hours till reduced to 1 quart, strain through a fine hair sieve, and carefully remove all fat; add salt to the taste. This may be taken cold, as a jelly, or warm, as a soup.

#### MUTTON BROTH.

Neck of mutton (fat removed as far as possible), 1 lb.; cold water, 2 pints; gently boil six hours to yield 1 pint of broth, from which all fat is to be removed on cooling.

## MUTTON OR VEAL BROTH.

Take of mutton or veal, four pounds; cold water, three quarts; a little salt; and rice, 4 oz. Simmer for four hours, boil for a few minutes, strain, and serve.

## CHICKEN AND VEAL BROTH.

These are esteemed lighter, and less stimulating, than beef tea. They contain a good deal of gelatine, which here replaces the albumen of beef. Take a knuckle of veal, a cow heel or two, or the legs and wings of fowls, and divide into pieces the size of walnuts. Boil slowly for two hours. Flavour with parsley, leeks, or onions to taste. Add pepper and salt.

## CHICKEN BROTH.

Cut up a fowl, and break the leg bones; put it into a stewpan, with a quart of cold water, a teaspoonful of salt, and a teaspoonful of loaf sugar. Boil gently, skimming constantly, for four hours. Strain into a basin. When cold, take off the fat. Make a cupful hot when required.

*Note.*—With this broth a little tender macaroni may be served for a change. Boil the macaroni in plenty of water, with half-a-saltspoonful of salt in it, till quite tender, drain on a sieve, and cut into half-inch lengths.

## VEAL TEA.

Cut up into small pieces three pounds of lean veal; put it into an enamelled saucepan, with three pints of cold water, and a saltspoonful of salt. When it boils, skim very carefully. Simmer for three hours. Strain into a basin. When cold, take off the fat. When required, pour half a pint, while boiling, on to a teaspoonful of arrowroot, mixed with a dessertspoonful of the cold veal tea.

## MINCED CHICKEN.

Cut the meat off a small chicken, free it from skin and sinews, and crack the bones. Put the bones and trimmings into an enamelled saucepan with a pint of water and a saltspoonful of salt, and simmer, skimming frequently, for two hours and a-half, then strain and skim off all the fat. Mince the meat and dredge over it a teaspoonful of Oswego flour, put into the gravy, and simmer

(stirring often) for twenty-five minutes, then serve with toasted bread sippets. Cooked chicken may be used; in that case omit the Oswego, and add the well-beaten yolk of a new-laid egg, stirred in for one minute before serving, and simmer only for ten minutes.

#### BROILED MUTTON CHOP.

The chops should be off the middle of the loin, three-quarters of an inch thick, and not too fat. The gridiron must be quite clean, the fire quick and bright, the chops turned two or three times with steak tongs, or by placing a fork in the fat. For those who like them underdone, ten minutes will be sufficient; well done fifteen minutes. Serve them between two hot plates (a chop to each person) the moment they are done and without any addition.

*Note.*—In giving orders to the butcher for mutton chops, be particular in saying three quarters of an inch thick off the middle of the loin, and well kept old mutton.—CREFYDD.

#### LIGHT, FARINACEOUS, AND OTHER FOODS.

##### SAGO.

Put half an ounce of sago into an enamelled saucepan with three-quarters of a pint of cold water, and boil gently for one hour and a quarter. Skim when it comes to the boil, and stir frequently. Sweeten with a dessertspoonful of sifted loaf sugar. If wine be ordered, two dessertspoonfuls, and if brandy, one dessertspoonful.

##### TAPIOCA MILK.

Half an ounce of the best tapioca to a pint and a quarter of new milk. Simmer gently for two hours and a quarter, stirring frequently. Sweeten with a dessertspoonful of sifted sugar.

##### PORRIDGE.

Oatmeal two ounces, water one pint. Put the water into a stew-pan, and as it boils dredge in the oatmeal with one hand, and with the other stir with a spoon; turn out into a soup-plate, add salt or sugar according to taste, and pour over it half a pint of cold milk. Eat with a spoon, mixing the milk and oatmeal together little by little.

**RICE MILK.**

Wash a tablespoonful of the best rice, and boil it an hour and a-half in a pint of new milk. Rub through a fine sieve. Sweeten with a dessertspoonful of sifted sugar. Boil up again for two minutes.

**ARROWROOT.**

Mix two teaspoonfuls of the best arrowroot with half a wineglassful of cold water; add half a pint of boiling water; put it into an enamelled saucepan, and stir over the fire for three minutes. Sweeten with three teaspoonfuls of sifted sugar. Add (if permitted to take it) either a wineglassful of white wine or a tablespoonful of brandy.

**JUNKET.**

Warm a quart of new milk just to the heat it would be if fresh from the cow. Put it into a glass dish or china bowl, and stir into it a tablespoonful of brandy, a tablespoonful of pounded sugar, and a tablespoonful and a-half of rennet. Put this just near enough to the fire to keep warm while turning, but do not let it get hot. When quite solid, put a little scalded cream over it, and grate a little nutmeg on the top.

The brandy may be omitted, if not liked; and if common rennet is not easily obtainable, essence of rennet (which can be had of any good chemist, and will keep any time) will do as well.

Junket is a delicious dish in summer; and especially light and nourishing for an invalid.

**CUSTARD.**

Put half a pint of new milk into a lined saucepan, with three ounces of loaf sugar, and the thinly-pared rind of half a lemon, and set it by the fire to get warm, and draw out the flavour of the lemon. Then boil it once up, and strain it into a basin. Beat up well two eggs, the yolks and whites first separately, and then together; and when the milk has got nearly cold add them gradually to it. Now strain the whole into a jug, which put into a saucepan of boiling water. Put this on the fire, and keep stirring the custard one way until it thickens, when take it off the fire, pour it into a basin, and stir in a tablespoonful of brandy. Keep

stirring the custard till it cools, and then put it into glasses, and grate a little nutmeg over it.

#### EXCELLENT RICE PUDDING.

Take three ounces of the best Carolina rice, and swell it very gently in one pint of new milk. Let it cool; then stir into it one ounce of fresh butter, two ounces of pounded sugar, the yolks of three eggs, and the grated rind of a lemon, or a few drops of the essence. Pour this into a well-buttered dish, but do not quite fill it, and then lay lightly over the top the whites of three eggs which have been well beaten up, with three tablespoonfuls of sifted sugar. Put the pudding *directly* into the oven, the heat of which must be moderate, and bake it for about twenty minutes; or till the egg crust has become lightly browned.

Sago, tapioca, or macaroni, make capital puddings done in the same way.

#### STEWED APPLES.

Peel and core six apples (according to their size), and boil them to a pulp, after which pass them through a sieve or colander, and stir into them one ounce of sifted loaf sugar.

#### WHIPT SYLLABUB.

Boil half a pint of cream, and then let it stand till cold. Take one glass of white wine—Sherry, Marsala, or Madeira—and add to it the juice of quarter of a lemon, and as much sifted sugar as will make it very sweet. Put this, with the cream, into a basin, and keep whisking it rapidly all one way. Take off the froth as it rises, and put it into glasses.

An agreeable and cooling diet in cases of fever.

#### ARROWROOT MILK.

Mix two teaspoonfuls of arrowroot with a wineglassful of new milk; add half a pint of boiling milk; put it into an enamelled saucepan, and stir over the fire for three minutes. Sweeten with a dessertspoonful of sifted loaf sugar.

#### INDIAN CORN FLOUR.

Mix a dessertspoonful of Brown and Polson's Indian Corn Flour with a wineglassful of new milk; add half a pint of boiling milk,

and stir over the fire for four minutes. Sweeten with a teaspoonful of sifted loaf sugar. Add if permitted a tablespoonful of good cream.

#### COW HEEL FOR CONVALESCENTS.

Wash a fresh boiled cow heel in cold water, cut the meat off the bones in neat square pieces; put it into a bright stewpan with one pound of lean veal uncut, a saltspoonful of salt, a saltspoonful of sifted sugar, a mustardspoonful of fresh-made mustard, and a pint of cold water. Boil up slowly, skim, then simmer gently for three hours, skim and stir frequently. Mix a teaspoonful of arrowroot with a wineglassful of cold water; take out the veal, and stir in the arrowroot, add two tablespoonfuls of good brown sherry, and serve immediately.

#### COW HEEL STEWED IN MILK.

Follow the preceding receipt, omitting the veal and substituting milk for water. Half an hour before serving, mix a dessertspoonful of arrowroot with half a gill of cold milk, and stir in; omit the sherry.

#### MACARONI AND VERMICELLI.

Add a little cold water to an ounce of either of the above. Boil for a few minutes, then pour away the water, and boil in half a pint of milk; or they may be made into puddings and baked.

Macaroni is a very cheap and valuable article of sick-room diet. It and Vermicelli may be advantageously added to any kind of broth, or eaten with a chicken or a chop, in place of vegetables. It is a perfectly safe food in all stages of illness.

#### TO BOIL TRIPE.

This excellent food is not appreciated, at least by the wealthier classes, as it deserves to be. It is the most easily digestible of all meats; indeed it comes nearest to the pudding tribe. See that the tripe has been well cleaned, boil it in water until quite soft, then pour off the water and boil for a few minutes in milk, adding a little onion sauce. Serve in a tureen.

#### ORANGE AND OTHER JELLIES.

Take one ounce of gelatine or isinglass, and melt it in a small quantity of hot water. Squeeze the juice out of six oranges, or of



two lemons, or oranges and lemons mixed, put in some of the outer rind pared thin, and a quarter of a pound of lump sugar. After melting the sugar in some hot water, pour on the juice, then boil the whole for two or three minutes, and strain. Wine or brandy may be added when required.

#### EGG MILK.

Beat up the yolk of an egg in a breakfast cup; when quite frothy stir into a cup of hot milk and sweeten to taste.

#### ARROWROOT JELLY.

Put into a saucepan half a pint of water, one glass of sherry, a little nutmeg, and sugar. Give them a boil up, then mix slowly a dessertspoonful of arrowroot with cold water, return the whole into the saucepan and boil for three minutes.

#### CALVES' FEET IN MILK.

Boil two calves' feet in two pints of water and milk, for three hours and a-half.

#### ISINGLASS JELLY.

Put one ounce (or rather more) of isinglass or gelatine (the former is best) into a saucepan, with one quart of water. Let it boil up, and keep it at a quick boil, skimming it well all the time, till the quantity is reduced one half. Now add to it one pint of sherry, and lemon juice and loaf sugar to your taste. Boil it all up together, and if there is any more scum take it off, and then strain it through a bag into a mould. The jelly should be quite clear.

This jelly is very useful when calves' feet cannot easily be got, or when they take too long to prepare. The isinglass and gelatine vary so much, though, in quality, that it is almost impossible to give the *exact* proportions of either for making a good, but not stiff jelly. About an ounce and a-half, though, of isinglass, and an ounce of gelatine, is generally the quantity it takes to make a quart of jelly after the wine is added. In summer, this jelly may be varied, by adding the strained juice of any fruit preferred, such as raspberries or currants, instead of the wine and lemon juice, and will be found very cooling.

## ICELAND MOSS JELLY.

Take one ounce of Iceland moss, wash it well, then break it up, and put it to stand all night in water, just tepid when the moss is put in. Next morning take it out, and boil it in a quart of water till the quantity is reduced one half. Then strain it off into a basin.

This jelly is a slight tonic, rather bitter; and may be taken either plain or with milk or wine.

## THE INVALID'S JELLY.

Boil one calf's foot in two pints and a-half of water, till it is reduced to one pint and a-half. Strain it through a sieve, and when cold take off the fat, add to it a quarter of a pint of milk or wine, the rind of a lemon, thinly pared; a little nutmeg or cinnamon, and sugar to the taste. Boil all this together for about five minutes and then strain it through a sieve.

## BREAD JELLY.

Cut the crumb of a penny roll into slices, after having taken off the crust from it. Toast these of a light brown on both sides, and then put them into a quart of spring water, and let them simmer gently over the fire till the liquid jellies. Strain this through a thin cloth, and while hot flavour it with lemon juice and sugar, and a little wine, if liked.

In the country, where a roll cannot always be had, slices of bread crumb cut and toasted, will be found to do quite as well. This jelly is very strengthening; and if made plain, without flavouring, may be taken in broth, milk, or any other liquid.

## SAGO JELLY.

Wash well, and then boil a quarter of a pound of sago, in about a pint of water for one hour. Take one pound of strawberries, raspberries, or currants; sweeten them *well* with loaf sugar, and then boil them for a short time till they are soft, and will rub through a sieve. When this is done, put the fruit back into the saucepan, with nearly half a pint of water, and about half an ounce of isinglass or gelatine. Boil this up, but not for too long; after

which, mix the sago thoroughly with the fruit, and then boil the whole together for a few minutes. Put into a mould, and turn out when cold.

If properly made this is an excellent summer dish.

#### SCOTCH APPLE JELLY.

Late, firm apples to be peeled and quartered, or sliced, but not cored. Each apple as quickly as cut to be thrown into a pan with just enough water to cover them. To be boiled in the same till quite soft, with a little sliced ginger and lemon peel to flavour it. Strain the juice through a jelly-bag near the fire into a basin. To every pint of apple juice add one pound of loaf sugar. When dissolved, pour it into jars or moulds, in which it is to be kept. It will become finer for keeping, and will last many years.

Green gooseberry jelly may be made of unripe fruit in the same way. Give the jelly one boil up after the sugar is dissolved, to make it firmer; and should there be any scum, take it off.

#### SEVILLE ORANGE JELLY.

To every pound of bitter orange put three pints of water. Cut the orange into small pieces, peel and all, only keeping out the seeds. Let them boil slowly for six hours or more, till they are reduced to a third of the quantity. Run it through a jelly-bag, and to every pint of juice add one pound of loaf sugar. Boil again slowly for about twenty minutes, or till it will jelly.

This is a capital way of taking a mild tonic.

#### WHITE WINE JELLY.

One pint of sherry, one ounce of isinglass, two ounces of sugar candy, half an ounce of gum Arabic, the quarter of a small nutmeg, grated, and enough loaf sugar to sweeten the whole. Simmer these ingredients together till all are dissolved; then strain the liquid through a piece of fine muslin into a mould or basin, and when cold it will be a stiff jelly.

The isinglass may be dissolved in a little hot water before it is added to the other ingredients; and the nutmeg may be omitted, if the flavour is not liked. A tablespoonful may be taken several times a day.

## PORT WINE JELLY.

Take of port wine one pint, isinglass one ounce, sugar one ounce; put the isinglass and sugar into quarter of a pint of water, warm till all is dissolved, then add the wine; strain through muslin, and set to jelly.

## SUET AND MILK.

Put a tablespoonful of shredded beef suet into half a pint of fresh milk, warm it sufficiently to completely melt the suet; then skim it, pour it into a warm glass or cup, and drink it before it cools.

## MILK, WITH RUM, BRANDY, OR WHISKY.

Put one tablespoonful of rum, brandy, or whisky into half a pint of new milk, and mix well by pouring several times from one vessel to another. Bilious persons should heat the *rum* in a spoon over a lamp before adding it to the milk.

## EGG WINE.

Beat up well the yolk of an egg in a tumbler with a wineglassful of cold water, and the same quantity of sherry. Add sifted sugar to taste, and drink while frothy.

## DRINKS FOR THE SICK AND INVALID.

## TOAST AND WATER.

Take a slice of stale bread cut rather thick; toast it thoroughly on both sides till it is quite hard and brown, but don't blacken it. Then put it into a jug, pour boiling water over it, and let it stand till cold.

## BARLEY WATER.

Take two ounces of pearl barley; wash it well, and then boil it for fifteen or twenty minutes in a pint of cold water. Pour this *off*, and then add to the barley two quarts of boiling water, the

thinly-pared rind of a lemon, and sugar to the taste. Boil till reduced one-half, and then strain it into a jug.

A little lemon juice may be used also, or instead of the peel if preferred.

#### GRUEL.

This is best made from Robinson's prepared groats. Directions for making it accompany each packet.

#### WHITE WINE WHEY.

Put half a pint of new milk in a saucepan on the fire, and bring it to a boil. As soon as it boils up, pour in a glass of sherry, or more if required—enough to turn the milk entirely, and make it look clear. Let it boil up again, and then set the saucepan aside till the curd subsides, but do not stir it. In a short time the whey may be poured gently off, a little sifted sugar added, and it is fit to drink.

If too strong, a little boiling water may be added.

#### FEVER DRINK.

Put a large dessertspoonful of black currant jelly or preserved tamarinds into a tumbler, and fill it up with boiling water. When cold it is fit to drink. If too sweet, add a little more water.

#### CLARET CUP.

Half a tumbler of good claret, mixed with the same quantity of soda water, makes a delicious, cool, summer drink. It can be sweetened or flavoured according to taste.

#### TEA OR COFFEE WITH EGG.

Beat up a fresh egg well in a breakfast cup till it is quite frothy. Then fill up the cup with either tea or coffee, adding milk and sugar to your taste.

To a delicate person there is much more support given in a cup of tea or coffee made in this way than if taken plain.

## CREAM OF TARTAR.

(A cooling drink.)

Put half an ounce of cream of tartar, the juice of one lemon, and one tablespoonful of sifted sugar into a jug, and pour over a quart of boiling water. Cover till cold.

Apple, currant, raspberry, and tamarind water is made by pouring boiling water over the pulp of the fruit, letting it stand for about half an hour, and then straining and sweetening to taste.

## TILULE.

This is an agreeable drink, and is made by pouring a pint of cold water on a handful of the dried flowers of the lime, and allowing it to stand for a few hours.

## TO MAKE COFFEE.

Take of pure ground coffee two ounces, put it in a percolator and slightly moisten it with cold water; let it stand all night, and then pour over it a pint of boiling water. Let it percolate in the oven or some hot place, and when twelve ounces have passed through add to it the same quantity of boiling milk; it is then ready for use.

## COCOA.

Take of cocoa nibs two ounces, water one quart: boil for five hours, then let it stand till cold and skim off the fat. Boil up the cocoa again, and add to it half its bulk of boiling milk. The quantity ought not to exceed two breakfast cupfuls.

## FREEZING MIXTURE.

Muriate of Ammonia (Sal ammoniac)	...	...	5 parts.
Nitrate of Potash (Saltpetre)	...	...	5 „
Water	...	...	16 „

This mixture is exceedingly useful, to cool water or wine during *hot weather*, when intense cold is required for a patient's head, or to *stop bleeding*.







